

Prova 1	Masc., 1500m Livres					Absolutos
26.2.16 - 15:30						Resultados
Rec Regional Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa		2005
Rec Regional Juv A	16:19.54	Pedro Fontoura Oliveira	CFB	Rio Maior		2006
Rec Regional Jun 1	15:53.21	Artur Costa	SCP			1987
Rec Regional Jun 2	15:49.36	Rafael Lourenco Gil	ANAM	Alexandroupoli (GRE)		2014
Rec Regional Sen	15:35.98	Artur Costa	SCP			1991
Rec Regional Absoluto	15:35.98	Artur Costa	SCP			1991
Rec Nacional Absoluto	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)		2007

TAC - Masc Juv B: 19:59.88; Juv A: 19:38.06; Jun 1: 18:54.92; Jun 2: 18:38.71; Sen: 18:17.10

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
Juvenis B						
1.	Diogo Alexandre Araujo <i>Campeão Regional Juvenis B</i>	01	CCD Estrelas S.Joao de Brito	18:20.05	18:09.56	510
	100m: 1:07.15 1:07.15		500m: 6:01.51 1:13.59	900m: 10:54.02 1:12.96	1300m: 15:48.10 1:13.94	
	200m: 2:20.90 1:13.75		600m: 7:14.96 1:13.45	1000m: 12:07.06 1:13.04	1400m: 17:01.12 1:13.02	
	300m: 3:34.26 1:13.36		700m: 8:28.40 1:13.44	1100m: 13:20.70 1:13.64	1500m: 18:09.56 1:08.44	
	400m: 4:47.92 1:13.66		800m: 9:41.06 1:12.66	1200m: 14:34.16 1:13.46		
2.	Guilherme Ventura Carvalho	01	Geslours - Gestão Equipamentos E.M.	18:15.93	18:14.40	504
	100m: 1:07.79 1:07.79		500m: 6:00.90 1:13.27	900m: 10:56.06 1:13.31	1300m: 15:49.47 1:13.66	
	200m: 2:20.82 1:13.03		600m: 7:14.88 1:13.98	1000m: 12:09.10 1:13.04	1400m: 17:02.87 1:13.40	
	300m: 3:34.39 1:13.57		700m: 8:28.73 1:13.85	1100m: 13:22.60 1:13.50	1500m: 18:14.40 1:11.53	
	400m: 4:47.63 1:13.24		800m: 9:42.75 1:14.02	1200m: 14:35.81 1:13.21		
3.	Alexandre Miguel Branco	01	Sport Alges e Dafundo	17:48.00	18:21.62	494
	100m: 1:07.38 1:07.38		500m: 6:01.29 1:13.60	900m: 10:56.35 1:14.03	1300m: 15:54.93 1:14.70	
	200m: 2:20.32 1:12.94		600m: 7:15.03 1:13.74	1000m: 12:10.66 1:14.31	1400m: 17:08.83 1:13.90	
	300m: 3:33.79 1:13.47		700m: 8:28.40 1:13.37	1100m: 13:25.60 1:14.94	1500m: 18:21.62 1:12.79	
	400m: 4:47.69 1:13.90		800m: 9:42.32 1:13.92	1200m: 14:40.23 1:14.63		
4.	Tiago Maria Camoes	01	Soc.Filarmónica União A. Piedense	18:43.59	18:39.69	470
	100m: 1:10.11 1:10.11		500m: 6:07.48 1:14.70	900m: 11:07.55 1:15.20	1300m: 16:10.02 1:16.06	
	200m: 2:24.23 1:14.12		600m: 7:22.50 1:15.02	1000m: 12:23.21 1:15.66	1400m: 17:25.43 1:15.41	
	300m: 3:38.58 1:14.35		700m: 8:37.69 1:15.19	1100m: 13:38.24 1:15.03	1500m: 18:39.69 1:14.26	
	400m: 4:52.78 1:14.20		800m: 9:52.35 1:14.66	1200m: 14:53.96 1:15.72		
5.	Henrique Rasteiro Luis	01	ADRC Colegio Int Monte Maior	19:13.33	18:57.47	449
	100m: 1:11.25 1:11.25		500m: 6:13.86 1:16.05	900m: 11:20.14 1:17.42	1300m: 16:27.37 1:16.32	
	200m: 2:27.62 1:16.37		600m: 7:30.19 1:16.33	1000m: 12:37.08 1:16.94	1400m: 17:44.12 1:16.75	
	300m: 3:42.26 1:14.64		700m: 8:46.03 1:15.84	1100m: 13:53.87 1:16.79	1500m: 18:57.47 1:13.35	
	400m: 4:57.81 1:15.55		800m: 10:02.72 1:16.69	1200m: 15:11.05 1:17.18		
6.	Diogo Afonso Miranda	01	Soc.Filarmónica União A. Piedense	19:12.42	19:09.62	434
	100m: 1:12.00 1:12.00		500m: 6:23.00 1:18.08	900m: 11:31.43 1:17.00	1300m: 16:38.11 1:17.24	
	200m: 2:28.74 1:16.74		600m: 7:40.62 1:17.62	1000m: 12:47.85 1:16.42	1400m: 17:55.67 1:17.56	
	300m: 3:47.09 1:18.35		700m: 8:57.53 1:16.91	1100m: 14:04.20 1:16.35	1500m: 19:09.62 1:13.95	
	400m: 5:04.92 1:17.83		800m: 10:14.43 1:16.90	1200m: 15:20.87 1:16.67		
7.	Claudio Filipe Pedroso	01	Assoc Humanitaria Bombeiros dos Esto	19:59.88	19:46.17	395
	100m: 1:11.25 1:11.25		500m: 6:23.68 1:18.38	900m: 11:41.36 1:20.85	1300m: 17:04.66 1:21.43	
	200m: 2:28.71 1:17.46		600m: 7:41.82 1:18.14	1000m: 13:02.61 1:21.25	1400m: 18:26.87 1:22.21	
	300m: 3:47.08 1:18.37		700m: 9:00.91 1:19.09	1100m: 14:23.34 1:20.73	1500m: 19:46.17 1:19.30	
	400m: 5:05.30 1:18.22		800m: 10:20.51 1:19.60	1200m: 15:43.23 1:19.89		

Juvenis A

1.	Filipe Miguel Santo <i>Campeão Regional Juvenis A</i>	00	Sporting Clube de Portugal	16:48.88	17:08.32	607
	100m: 1:05.33 1:05.33		500m: 5:40.29 1:08.37	900m: 10:13.35 1:08.28	1300m: 14:49.56 1:09.93	
	200m: 2:13.94 1:08.61		600m: 6:48.27 1:07.98	1000m: 11:21.55 1:08.20	1400m: 15:59.67 1:10.11	
	300m: 3:23.37 1:09.43		700m: 7:56.77 1:08.50	1100m: 12:29.97 1:08.42	1500m: 17:08.32 1:08.65	
	400m: 4:31.92 1:08.55		800m: 9:05.07 1:08.30	1200m: 13:39.63 1:09.66		
2.	Afonso Guilherme Jesus	00	Sporting Clube de Portugal	18:32.57	17:42.37	551
	100m: 1:06.96 1:06.96		500m: 5:53.97 1:11.48	900m: 10:37.99 1:11.33	1300m: 15:23.25 1:12.07	
	200m: 2:18.66 1:11.70		600m: 7:05.08 1:11.11	1000m: 11:49.31 1:11.32	1400m: 16:34.15 1:10.90	
	300m: 3:30.48 1:11.82		700m: 8:16.04 1:10.96	1100m: 13:00.19 1:10.88	1500m: 17:42.37 1:08.22	
	400m: 4:42.49 1:12.01		800m: 9:26.66 1:10.62	1200m: 14:11.18 1:10.99		

Resultados online em: www.anlisboa.pt ou goo.gl/4cMkha

Prova 1, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
3.	Francisco Silva Pinheiro	00	Sport Alges e Dafundo	17:45.67	18:06.97	514
	100m: 1:08.06 1:08.06	500m: 5:59.90 1:13.13	900m: 10:50.17 1:12.97	1300m: 15:42.80 1:13.27		
	200m: 2:20.70 1:12.64	600m: 7:12.03 1:12.13	1000m: 12:02.84 1:12.67	1400m: 16:56.00 1:13.20		
	300m: 3:33.72 1:13.02	700m: 8:24.26 1:12.23	1100m: 13:16.02 1:13.18	1500m: 18:06.97 1:10.97		
	400m: 4:46.77 1:13.05	800m: 9:37.20 1:12.94	1200m: 14:29.53 1:13.51			
4.	Francisco Nunes Libreiro	00	Soc.Filarmónica União A. Piedense	18:22.58	18:15.53	502
	100m: 1:05.96 1:05.96	500m: 5:57.35 1:13.46	900m: 10:52.52 1:14.14	1300m: 15:50.02 1:14.58		
	200m: 2:18.08 1:12.12	600m: 7:10.83 1:13.48	1000m: 12:06.87 1:14.35	1400m: 17:03.53 1:13.51		
	300m: 3:30.82 1:12.74	700m: 8:24.35 1:13.52	1100m: 13:21.43 1:14.56	1500m: 18:15.53 1:12.00		
	400m: 4:43.89 1:13.07	800m: 9:38.38 1:14.03	1200m: 14:35.44 1:14.01			
5.	Ricardo Alexandre Faia	00	Sport Lisboa e Benfica	18:07.61	18:18.34	498
	100m: 1:06.61 1:06.61	500m: 5:56.02 1:13.10	900m: 10:49.95 1:14.57	1300m: 15:50.99 1:19.25		
	200m: 2:17.88 1:11.27	600m: 7:08.98 1:12.96	1000m: 12:03.66 1:13.71	1400m: 17:03.54 1:12.55		
	300m: 3:29.99 1:12.11	700m: 8:21.59 1:12.61	1100m: 13:17.01 1:13.35	1500m: 18:18.34 1:14.80		
	400m: 4:42.92 1:12.93	800m: 9:35.38 1:13.79	1200m: 14:31.74 1:14.73			
6.	Daniel Nogueira Catalao	00	Soc.Filarmónica União A. Piedense	17:35.39	18:24.24	490
	100m: 1:05.08 1:05.08	500m: 5:52.37 1:14.12	900m: 10:53.13 1:15.83	1300m: 15:56.87 1:15.73		
	200m: 2:13.61 1:08.53	600m: 7:07.08 1:14.71	1000m: 12:08.68 1:15.55	1400m: 17:11.18 1:14.31		
	300m: 3:25.21 1:11.60	700m: 8:21.67 1:14.59	1100m: 13:24.63 1:15.95	1500m: 18:24.24 1:13.06		
	400m: 4:38.25 1:13.04	800m: 9:37.30 1:15.63	1200m: 14:41.14 1:16.51			
7.	Simão Correia Ricardo	00	Clube Naval Setubalense	19:01.89	19:30.37	412
	100m: 1:11.08 1:11.08	500m: 6:18.01 1:17.46	900m: 11:35.23 1:20.94	1300m: 16:55.22 1:20.24		
	200m: 2:27.48 1:16.40	600m: 7:36.34 1:18.33	1000m: 12:54.05 1:18.82	1400m: 18:12.90 1:17.68		
	300m: 3:43.56 1:16.08	700m: 8:55.06 1:18.72	1100m: 14:14.19 1:20.14	1500m: 19:30.37 1:17.47		
	400m: 5:00.55 1:16.99	800m: 10:14.29 1:19.23	1200m: 15:34.98 1:20.79			

Juniores

1.	Tiago Carlos Santos	98	Soc.Filarmónica União A. Piedense	17:00.21	17:19.90	587
	<i>Campeão Regional Junior</i>					
	100m: 1:04.43 1:04.43	500m: 5:35.61 1:08.21	900m: 10:15.18 1:10.46	1300m: 14:59.56 1:10.79		
	200m: 2:12.13 1:07.70	600m: 6:44.45 1:08.84	1000m: 11:26.40 1:11.22	1400m: 16:10.03 1:10.47		
	300m: 3:19.64 1:07.51	700m: 7:54.44 1:09.99	1100m: 12:37.30 1:10.90	1500m: 17:19.90 1:09.87		
	400m: 4:27.40 1:07.76	800m: 9:04.72 1:10.28	1200m: 13:48.77 1:11.47			
2.	Andre Alexandre Santos	99	Sporting Clube de Portugal	17:23.20	17:22.83	582
	100m: 1:04.90 1:04.90	500m: 5:37.59 1:09.10	900m: 10:19.21 1:10.93	1300m: 15:03.28 1:11.35		
	200m: 2:12.72 1:07.82	600m: 6:47.60 1:10.01	1000m: 11:29.97 1:10.76	1400m: 16:15.22 1:11.94		
	300m: 3:20.49 1:07.77	700m: 7:57.86 1:10.26	1100m: 12:40.80 1:10.83	1500m: 17:22.83 1:07.61		
	400m: 4:28.49 1:08.00	800m: 9:08.28 1:10.42	1200m: 13:51.93 1:11.13			
3.	Diogo Rodrigues Freitas	98	Soc.Filarmónica União A. Piedense	17:00.76	17:30.99	569
	100m: 1:06.28 1:06.28	500m: 5:45.50 1:09.89	900m: 10:27.61 1:11.02	1300m: 15:10.02 1:10.48		
	200m: 2:15.72 1:09.44	600m: 6:55.47 1:09.97	1000m: 11:38.81 1:11.20	1400m: 16:20.97 1:10.95		
	300m: 3:25.91 1:10.19	700m: 8:05.92 1:10.45	1100m: 12:48.86 1:10.05	1500m: 17:30.99 1:10.02		
	400m: 4:35.61 1:09.70	800m: 9:16.59 1:10.67	1200m: 13:59.54 1:10.68			
4.	Bernardo Graca Rodrigues	99	Sport Alges e Dafundo	17:14.95	17:39.43	555
	100m: 1:04.49 1:04.49	500m: 5:44.17 1:10.37	900m: 10:27.01 1:11.37	1300m: 15:17.48 1:13.25		
	200m: 2:14.63 1:10.14	600m: 6:54.02 1:09.85	1000m: 11:39.14 1:12.13	1400m: 16:29.51 1:12.03		
	300m: 3:24.26 1:09.63	700m: 8:04.67 1:10.65	1100m: 12:51.36 1:12.22	1500m: 17:39.43 1:09.92		
	400m: 4:33.80 1:09.54	800m: 9:15.64 1:10.97	1200m: 14:04.23 1:12.87			
5.	Afonso Calais Queiroga	98	Soc.Filarmónica União A. Piedense	17:00.19	17:43.65	549
	100m: 1:06.20 1:06.20	500m: 5:47.22 1:11.20	900m: 10:30.59 1:10.65	1300m: 15:15.47 1:13.08		
	200m: 2:15.70 1:09.50	600m: 6:58.06 1:10.84	1000m: 11:41.09 1:10.50	1400m: 16:30.58 1:15.11		
	300m: 3:25.87 1:10.17	700m: 8:09.31 1:11.25	1100m: 12:51.53 1:10.44	1500m: 17:43.65 1:13.07		
	400m: 4:36.02 1:10.15	800m: 9:19.94 1:10.63	1200m: 14:02.39 1:10.86			
6.	Diogo Rosado Leca	98	ADRC Colegio Int Monte Maior	16:44.80	17:44.70	547
	100m: 1:04.08 1:04.08	500m: 5:44.30 1:11.84	900m: 10:31.31 1:12.54	1300m: 15:22.73 1:14.10		
	200m: 2:12.75 1:08.67	600m: 6:55.50 1:11.20	1000m: 11:42.30 1:10.99	1400m: 16:35.48 1:12.75		
	300m: 3:22.10 1:09.35	700m: 8:07.38 1:11.88	1100m: 12:55.61 1:13.31	1500m: 17:44.70 1:09.22		
	400m: 4:32.46 1:10.36	800m: 9:18.77 1:11.39	1200m: 14:08.63 1:13.02			
7.	Duarte Filipe Rodrigues	99	Sport Alges e Dafundo	17:02.12	18:07.89	513
	100m: 1:06.11 1:06.11	500m: 5:55.60 1:13.38	900m: 10:49.46 1:13.58	1300m: 15:44.11 1:12.86		
	200m: 2:17.12 1:11.01	600m: 7:08.85 1:13.25	1000m: 12:03.63 1:14.17	1400m: 16:56.71 1:12.60		
	300m: 3:29.20 1:12.08	700m: 8:22.13 1:13.28	1100m: 13:18.13 1:14.50	1500m: 18:07.89 1:11.18		
	400m: 4:42.22 1:13.02	800m: 9:35.88 1:13.75	1200m: 14:31.25 1:13.12			
DNS	Martim Ferreira Fonseca	99	Clube Nacional de Natação	18:47.83		

Resultados online em: www.anlisboa.pt ou goo.gl/4cMkha

Prova 1, Masc., 1500m Livres

Seniores

1. Rafael Lourenço Gil	96	Soc.Filarmónica União A. Piedense	15:18.66	15:51.87	766
<i>Campeão Regional Sénior</i>					
100m: 59.72	59.72	500m: 5:14.71	1:03.99	900m: 9:30.88	1:04.61
200m: 2:03.29	1:03.57	600m: 6:18.55	1:03.84	1000m: 10:35.36	1:04.48
300m: 3:06.75	1:03.46	700m: 7:22.41	1:03.86	1100m: 11:39.82	1:04.46
400m: 4:10.72	1:03.97	800m: 8:26.27	1:03.86	1200m: 12:43.75	1:03.93
1300m: 13:47.56	1:03.81				
1400m: 14:50.98	1:03.42				
1500m: 15:51.87	1:00.89				
2. Andre Filipe Farinha	96	Sport Lisboa e Benfica	16:37.65	17:00.02	622
100m: 1:03.92	1:03.92	500m: 5:36.44	1:08.34	900m: 10:10.45	1:08.54
200m: 2:11.88	1:07.96	600m: 6:44.08	1:07.64	1000m: 11:19.25	1:08.80
300m: 3:19.70	1:07.82	700m: 7:52.92	1:08.84	1100m: 12:27.17	1:07.92
400m: 4:28.10	1:08.40	800m: 9:01.91	1:08.99	1200m: 13:35.66	1:08.49
1300m: 14:44.76	1:09.10				
1400m: 15:53.44	1:08.68				
1500m: 17:00.02	1:06.58				
3. Joao Duarte Santos	95	Sport Lisboa e Benfica	18:17.10	17:21.75	584
100m: 1:03.29	1:03.29	500m: 5:40.88	1:10.01	900m: 10:18.12	1:09.88
200m: 2:12.12	1:08.83	600m: 6:50.41	1:09.53	1000m: 11:28.37	1:10.25
300m: 3:21.01	1:08.89	700m: 7:59.28	1:08.87	1100m: 12:39.60	1:11.23
400m: 4:30.87	1:09.86	800m: 9:08.24	1:08.96	1200m: 13:51.06	1:11.46
1300m: 15:01.94	1:10.88				
1400m: 16:12.87	1:10.93				
1500m: 17:21.75	1:08.88				
4. Joao Miguel Cardoso	97	Geslourses - Gestão Equipamentos E.M.	16:45.10	17:26.03	577
100m: 1:05.66	1:05.66	500m: 5:44.14	1:10.20	900m: 10:26.08	1:10.69
200m: 2:14.79	1:09.13	600m: 6:54.07	1:09.93	1000m: 11:36.62	1:10.54
300m: 3:24.17	1:09.38	700m: 8:04.68	1:10.61	1100m: 12:47.22	1:10.60
400m: 4:33.94	1:09.77	800m: 9:15.39	1:10.71	1200m: 13:58.13	1:10.91
1300m: 15:07.94	1:09.81				
1400m: 16:17.38	1:09.44				
1500m: 17:26.03	1:08.65				
5. Claudio Alexandre Pinheiro	93	Soc.Filarmónica União A. Piedense	17:08.69	17:38.02	557
100m: 1:03.11	1:03.11	500m: 5:46.21	1:11.24	900m: 10:31.85	1:11.60
200m: 2:12.29	1:09.18	600m: 6:57.36	1:11.15	1000m: 11:43.50	1:11.65
300m: 3:23.29	1:11.00	700m: 8:08.48	1:11.12	1100m: 12:55.19	1:11.69
400m: 4:34.97	1:11.68	800m: 9:20.25	1:11.77	1200m: 14:07.40	1:12.21
1300m: 15:19.02	1:11.62				
1400m: 16:30.05	1:11.03				
1500m: 17:38.02	1:07.97				
6. Joao Mota Correia	97	Sport Lisboa e Benfica	17:18.53	17:43.89	548
100m: 1:04.57	1:04.57	500m: 5:46.83	1:11.83	900m: 10:37.04	1:12.53
200m: 2:13.58	1:09.01	600m: 6:59.29	1:12.46	1000m: 11:48.41	1:11.37
300m: 3:23.96	1:10.38	700m: 8:11.94	1:12.65	1100m: 12:59.43	1:11.02
400m: 4:35.00	1:11.04	800m: 9:24.51	1:12.57	1200m: 14:10.84	1:11.41
1300m: 15:22.97	1:12.13				
1400m: 16:34.68	1:11.71				
1500m: 17:43.89	1:09.21				
7. Tiago Rafael Martins	97	Geslourses - Gestão Equipamentos E.M.	17:32.13	18:02.57	520
100m: 1:06.62	1:06.62	500m: 5:57.45	1:13.69	900m: 10:50.48	1:13.07
200m: 2:18.14	1:11.52	600m: 7:10.77	1:13.32	1000m: 12:03.24	1:12.76
300m: 3:31.04	1:12.90	700m: 8:23.88	1:13.11	1100m: 13:15.89	1:12.65
400m: 4:43.76	1:12.72	800m: 9:37.41	1:13.53	1200m: 14:27.80	1:11.91
1300m: 15:39.88	1:12.08				
1400m: 16:51.94	1:12.06				
1500m: 18:02.57	1:10.63				
8. Miguel Dordio Carreiro	97	Geslourses - Gestão Equipamentos E.M.	18:14.07	18:10.71	509
100m: 1:05.86	1:05.86	500m: 5:55.89	1:13.49	900m: 10:50.88	1:14.21
200m: 2:17.08	1:11.22	600m: 7:09.12	1:13.23	1000m: 12:04.73	1:13.85
300m: 3:29.76	1:12.68	700m: 8:23.24	1:14.12	1100m: 13:18.56	1:13.83
400m: 4:42.40	1:12.64	800m: 9:36.67	1:13.43	1200m: 14:32.63	1:14.07
1300m: 15:46.79	1:14.16				
1400m: 17:00.27	1:13.48				
1500m: 18:10.71	1:10.44				
9. Pedro Dordio Carreiro	97	Geslourses - Gestão Equipamentos E.M.	17:17.05	18:11.20	508
100m: 1:04.56	1:04.56	500m: 5:48.18	1:12.47	900m: 10:43.63	1:14.35
200m: 2:13.33	1:08.77	600m: 7:01.53	1:13.35	1000m: 11:58.06	1:14.43
300m: 3:23.89	1:10.56	700m: 8:15.44	1:13.91	1100m: 13:12.69	1:14.63
400m: 4:35.71	1:11.82	800m: 9:29.28	1:13.84	1200m: 14:27.78	1:15.09
1300m: 15:43.15	1:15.37				
1400m: 16:58.31	1:15.16				
1500m: 18:11.20	1:12.89				

Absolutos

1. Rafael Lourenço Gil	96	Soc.Filarmónica União A. Piedense	15:18.66	15:51.87	766
100m: 59.72	59.72	500m: 5:14.71	1:03.99	900m: 9:30.88	1:04.61
200m: 2:03.29	1:03.57	600m: 6:18.55	1:03.84	1000m: 10:35.36	1:04.48
300m: 3:06.75	1:03.46	700m: 7:22.41	1:03.86	1100m: 11:39.82	1:04.46
400m: 4:10.72	1:03.97	800m: 8:26.27	1:03.86	1200m: 12:43.75	1:03.93
1300m: 13:47.56	1:03.81				
1400m: 14:50.98	1:03.42				
1500m: 15:51.87	1:00.89				
2. Andre Filipe Farinha	96	Sport Lisboa e Benfica	16:37.65	17:00.02	622
100m: 1:03.92	1:03.92	500m: 5:36.44	1:08.34	900m: 10:10.45	1:08.54
200m: 2:11.88	1:07.96	600m: 6:44.08	1:07.64	1000m: 11:19.25	1:08.80
300m: 3:19.70	1:07.82	700m: 7:52.92	1:08.84	1100m: 12:27.17	1:07.92
400m: 4:28.10	1:08.40	800m: 9:01.91	1:08.99	1200m: 13:35.66	1:08.49
1300m: 14:44.76	1:09.10				
1400m: 15:53.44	1:08.68				
1500m: 17:00.02	1:06.58				
3. Filipe Miguel Santo	00	Sporting Clube de Portugal	16:48.88	17:08.32	607
100m: 1:05.33	1:05.33	500m: 5:40.29	1:08.37	900m: 10:13.35	1:08.28
200m: 2:13.94	1:08.61	600m: 6:48.27	1:07.98	1000m: 11:21.55	1:08.20
300m: 3:23.37	1:09.43	700m: 7:56.77	1:08.50	1100m: 12:29.97	1:08.42
400m: 4:31.92	1:08.55	800m: 9:05.07	1:08.30	1200m: 13:39.63	1:09.66
1300m: 14:49.56	1:09.93				
1400m: 15:59.67	1:10.11				
1500m: 17:08.32	1:08.65				

Prova 1, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
4.	Tiago Carlos Santos	98	Soc.Filarmónica União A. Piedense	17:00.21	17:19.90	587
	100m: 1:04.43 1:04.43	500m: 5:35.61 1:08.21	900m: 10:15.18 1:10.46	1300m: 14:59.56 1:10.79		
	200m: 2:12.13 1:07.70	600m: 6:44.45 1:08.84	1000m: 11:26.40 1:11.22	1400m: 16:10.03 1:10.47		
	300m: 3:19.64 1:07.51	700m: 7:54.44 1:09.99	1100m: 12:37.30 1:10.90	1500m: 17:19.90 1:09.87		
	400m: 4:27.40 1:07.76	800m: 9:04.72 1:10.28	1200m: 13:48.77 1:11.47			
5.	Joao Duarte Santos	95	Sport Lisboa e Benfica	18:17.10	17:21.75	584
	100m: 1:03.29 1:03.29	500m: 5:40.88 1:10.01	900m: 10:18.12 1:09.88	1300m: 15:01.94 1:10.88		
	200m: 2:12.12 1:08.83	600m: 6:50.41 1:09.53	1000m: 11:28.37 1:10.25	1400m: 16:12.87 1:10.93		
	300m: 3:21.01 1:08.89	700m: 7:59.28 1:08.87	1100m: 12:39.60 1:11.23	1500m: 17:21.75 1:08.88		
	400m: 4:30.87 1:09.86	800m: 9:08.24 1:08.96	1200m: 13:51.06 1:11.46			
6.	Andre Alexandre Santos	99	Sporting Clube de Portugal	17:23.20	17:22.83	582
	100m: 1:04.90 1:04.90	500m: 5:37.59 1:09.10	900m: 10:19.21 1:10.93	1300m: 15:03.28 1:11.35		
	200m: 2:12.72 1:07.82	600m: 6:47.60 1:10.01	1000m: 11:29.97 1:10.76	1400m: 16:15.22 1:11.94		
	300m: 3:20.49 1:07.77	700m: 7:57.86 1:10.26	1100m: 12:40.80 1:10.83	1500m: 17:22.83 1:07.61		
	400m: 4:28.49 1:08.00	800m: 9:08.28 1:10.42	1200m: 13:51.93 1:11.13			
7.	Joao Miguel Cardoso	97	Geslours - Gestão Equipamentos E.M.	16:45.10	17:26.03	577
	100m: 1:05.66 1:05.66	500m: 5:44.14 1:10.20	900m: 10:26.08 1:10.69	1300m: 15:07.94 1:09.81		
	200m: 2:14.79 1:09.13	600m: 6:54.07 1:09.93	1000m: 11:36.62 1:10.54	1400m: 16:17.38 1:09.44		
	300m: 3:24.17 1:09.38	700m: 8:04.68 1:10.61	1100m: 12:47.22 1:10.60	1500m: 17:26.03 1:08.65		
	400m: 4:33.94 1:09.77	800m: 9:15.39 1:10.71	1200m: 13:58.13 1:10.91			
8.	Diogo Rodrigues Freitas	98	Soc.Filarmónica União A. Piedense	17:00.76	17:30.99	569
	100m: 1:06.28 1:06.28	500m: 5:45.50 1:09.89	900m: 10:27.61 1:11.02	1300m: 15:10.02 1:10.48		
	200m: 2:15.72 1:09.44	600m: 6:55.47 1:09.97	1000m: 11:38.81 1:11.20	1400m: 16:20.97 1:10.95		
	300m: 3:25.91 1:10.19	700m: 8:05.92 1:10.45	1100m: 12:48.86 1:10.05	1500m: 17:30.99 1:10.02		
	400m: 4:35.61 1:09.70	800m: 9:16.59 1:10.67	1200m: 13:59.54 1:10.68			
9.	Claudio Alexandre Pinheiro	93	Soc.Filarmónica União A. Piedense	17:08.69	17:38.02	557
	100m: 1:03.11 1:03.11	500m: 5:46.21 1:11.24	900m: 10:31.85 1:11.60	1300m: 15:19.02 1:11.62		
	200m: 2:12.29 1:09.18	600m: 6:57.36 1:11.15	1000m: 11:43.50 1:11.65	1400m: 16:30.05 1:11.03		
	300m: 3:23.29 1:11.00	700m: 8:08.48 1:11.12	1100m: 12:55.19 1:11.69	1500m: 17:38.02 1:07.97		
	400m: 4:34.97 1:11.68	800m: 9:20.25 1:11.77	1200m: 14:07.40 1:12.21			
10.	Bernardo Graca Rodrigues	99	Sport Alges e Dafundo	17:14.95	17:39.43	555
	100m: 1:04.49 1:04.49	500m: 5:44.17 1:10.37	900m: 10:27.01 1:11.37	1300m: 15:17.48 1:13.25		
	200m: 2:14.63 1:10.14	600m: 6:54.02 1:09.85	1000m: 11:39.14 1:12.13	1400m: 16:29.51 1:12.03		
	300m: 3:24.26 1:09.63	700m: 8:04.67 1:10.65	1100m: 12:51.36 1:12.22	1500m: 17:39.43 1:09.92		
	400m: 4:33.80 1:09.54	800m: 9:15.64 1:10.97	1200m: 14:04.23 1:12.87			
11.	Afonso Guilherme Jesus	00	Sporting Clube de Portugal	18:32.57	17:42.37	551
	100m: 1:06.96 1:06.96	500m: 5:53.97 1:11.48	900m: 10:37.99 1:11.33	1300m: 15:23.25 1:12.07		
	200m: 2:18.66 1:11.70	600m: 7:05.08 1:11.11	1000m: 11:49.31 1:11.32	1400m: 16:34.15 1:10.90		
	300m: 3:30.48 1:11.82	700m: 8:16.04 1:10.96	1100m: 13:00.19 1:10.88	1500m: 17:42.37 1:08.22		
	400m: 4:42.49 1:12.01	800m: 9:26.66 1:10.62	1200m: 14:11.18 1:10.99			
12.	Afonso Calais Queiroga	98	Soc.Filarmónica União A. Piedense	17:00.19	17:43.65	549
	100m: 1:06.20 1:06.20	500m: 5:47.22 1:11.20	900m: 10:30.59 1:10.65	1300m: 15:15.47 1:13.08		
	200m: 2:15.70 1:09.50	600m: 6:58.06 1:10.84	1000m: 11:41.09 1:10.50	1400m: 16:30.58 1:15.11		
	300m: 3:25.87 1:10.17	700m: 8:09.31 1:11.25	1100m: 12:51.53 1:10.44	1500m: 17:43.65 1:13.07		
	400m: 4:36.02 1:10.15	800m: 9:19.94 1:10.63	1200m: 14:02.39 1:10.86			
13.	Joao Mota Correia	97	Sport Lisboa e Benfica	17:18.53	17:43.89	548
	100m: 1:04.57 1:04.57	500m: 5:46.83 1:11.83	900m: 10:37.04 1:12.53	1300m: 15:22.97 1:12.13		
	200m: 2:13.58 1:09.01	600m: 6:59.29 1:12.46	1000m: 11:48.41 1:11.37	1400m: 16:34.68 1:11.71		
	300m: 3:23.96 1:10.38	700m: 8:11.94 1:12.65	1100m: 12:59.43 1:11.02	1500m: 17:43.89 1:09.21		
	400m: 4:35.00 1:11.04	800m: 9:24.51 1:12.57	1200m: 14:10.84 1:11.41			
14.	Diogo Rosado Leca	98	ADRC Colegio Int Monte Maior	16:44.80	17:44.70	547
	100m: 1:04.08 1:04.08	500m: 5:44.30 1:11.84	900m: 10:31.31 1:12.54	1300m: 15:22.73 1:14.10		
	200m: 2:12.75 1:08.67	600m: 6:55.50 1:11.20	1000m: 11:42.30 1:10.99	1400m: 16:35.48 1:12.75		
	300m: 3:22.10 1:09.35	700m: 8:07.38 1:11.88	1100m: 12:55.61 1:13.31	1500m: 17:44.70 1:09.22		
	400m: 4:32.46 1:10.36	800m: 9:18.77 1:11.39	1200m: 14:08.63 1:13.02			
15.	Tiago Rafael Martins	97	Geslours - Gestão Equipamentos E.M.	17:32.13	18:02.57	520
	100m: 1:06.62 1:06.62	500m: 5:57.45 1:13.69	900m: 10:50.48 1:13.07	1300m: 15:39.88 1:12.08		
	200m: 2:18.14 1:11.52	600m: 7:10.77 1:13.32	1000m: 12:03.24 1:12.76	1400m: 16:51.94 1:12.06		
	300m: 3:31.04 1:12.90	700m: 8:23.88 1:13.11	1100m: 13:15.89 1:12.65	1500m: 18:02.57 1:10.63		
	400m: 4:43.76 1:12.72	800m: 9:37.41 1:13.53	1200m: 14:27.80 1:11.91			
16.	Francisco Silva Pinheiro	00	Sport Alges e Dafundo	17:45.67	18:06.97	514
	100m: 1:08.06 1:08.06	500m: 5:59.90 1:13.13	900m: 10:50.17 1:12.97	1300m: 15:42.80 1:13.27		
	200m: 2:20.70 1:12.64	600m: 7:12.03 1:12.13	1000m: 12:02.84 1:12.67	1400m: 16:56.00 1:13.20		
	300m: 3:33.72 1:13.02	700m: 8:24.26 1:12.23	1100m: 13:16.02 1:13.18	1500m: 18:06.97 1:10.97		
	400m: 4:46.77 1:13.05	800m: 9:37.20 1:12.94	1200m: 14:29.53 1:13.51			

Prova 1, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
17.	Duarte Filipe Rodrigues	99	Sport Alges e Dafundo	17:02.12	18:07.89	513
	100m: 1:06.11 1:06.11	500m: 5:55.60 1:13.38	900m: 10:49.46 1:13.58	1300m: 15:44.11 1:12.86		
	200m: 2:17.12 1:11.01	600m: 7:08.85 1:13.25	1000m: 12:03.63 1:14.17	1400m: 16:56.71 1:12.60		
	300m: 3:29.20 1:12.08	700m: 8:22.13 1:13.28	1100m: 13:18.13 1:14.50	1500m: 18:07.89 1:11.18		
	400m: 4:42.22 1:13.02	800m: 9:35.88 1:13.75	1200m: 14:31.25 1:13.12			
18.	Diogo Alexandre Araujo	01	CCD Estrelas S.Joaõ de Brito	18:20.05	18:09.56	510
	100m: 1:07.15 1:07.15	500m: 6:01.51 1:13.59	900m: 10:54.02 1:12.96	1300m: 15:48.10 1:13.94		
	200m: 2:20.90 1:13.75	600m: 7:14.96 1:13.45	1000m: 12:07.06 1:13.04	1400m: 17:01.12 1:13.02		
	300m: 3:34.26 1:13.36	700m: 8:28.40 1:13.44	1100m: 13:20.70 1:13.64	1500m: 18:09.56 1:08.44		
	400m: 4:47.92 1:13.66	800m: 9:41.06 1:12.66	1200m: 14:34.16 1:13.46			
19.	Miguel Dordio Carreiro	97	Geslours - Gestão Equipamentos E.M.	18:14.07	18:10.71	509
	100m: 1:05.86 1:05.86	500m: 5:55.89 1:13.49	900m: 10:50.88 1:14.21	1300m: 15:46.79 1:14.16		
	200m: 2:17.08 1:11.22	600m: 7:09.12 1:13.23	1000m: 12:04.73 1:13.85	1400m: 17:00.27 1:13.48		
	300m: 3:29.76 1:12.68	700m: 8:23.24 1:14.12	1100m: 13:18.56 1:13.83	1500m: 18:10.71 1:10.44		
	400m: 4:42.40 1:12.64	800m: 9:36.67 1:13.43	1200m: 14:32.63 1:14.07			
20.	Pedro Dordio Carreiro	97	Geslours - Gestão Equipamentos E.M.	17:17.05	18:11.20	508
	100m: 1:04.56 1:04.56	500m: 5:48.18 1:12.47	900m: 10:43.63 1:14.35	1300m: 15:43.15 1:15.37		
	200m: 2:13.33 1:08.77	600m: 7:01.53 1:13.35	1000m: 11:58.06 1:14.43	1400m: 16:58.31 1:15.16		
	300m: 3:23.89 1:10.56	700m: 8:15.44 1:13.91	1100m: 13:12.69 1:14.63	1500m: 18:11.20 1:12.89		
	400m: 4:35.71 1:11.82	800m: 9:29.28 1:13.84	1200m: 14:27.78 1:15.09			
21.	Guilherme Ventura Carvalho	01	Geslours - Gestão Equipamentos E.M.	18:15.93	18:14.40	504
	100m: 1:07.79 1:07.79	500m: 6:00.90 1:13.27	900m: 10:56.06 1:13.31	1300m: 15:49.47 1:13.66		
	200m: 2:20.82 1:13.03	600m: 7:14.88 1:13.98	1000m: 12:09.10 1:13.04	1400m: 17:02.87 1:13.40		
	300m: 3:34.39 1:13.57	700m: 8:28.73 1:13.85	1100m: 13:22.60 1:13.50	1500m: 18:14.40 1:11.53		
	400m: 4:47.63 1:13.24	800m: 9:42.75 1:14.02	1200m: 14:35.81 1:13.21			
22.	Francisco Nunes Libreiro	00	Soc.Filarmónica União A. Piedense	18:22.58	18:15.53	502
	100m: 1:05.96 1:05.96	500m: 5:57.35 1:13.46	900m: 10:52.52 1:14.14	1300m: 15:50.02 1:14.58		
	200m: 2:18.08 1:12.12	600m: 7:10.83 1:13.48	1000m: 12:06.87 1:14.35	1400m: 17:03.53 1:13.51		
	300m: 3:30.82 1:12.74	700m: 8:24.35 1:13.52	1100m: 13:21.43 1:14.56	1500m: 18:15.53 1:12.00		
	400m: 4:43.89 1:13.07	800m: 9:38.38 1:14.03	1200m: 14:35.44 1:14.01			
23.	Ricardo Alexandre Faia	00	Sport Lisboa e Benfica	18:07.61	18:18.34	498
	100m: 1:06.61 1:06.61	500m: 5:56.02 1:13.10	900m: 10:49.95 1:14.57	1300m: 15:50.99 1:19.25		
	200m: 2:17.88 1:11.27	600m: 7:08.98 1:12.96	1000m: 12:03.66 1:13.71	1400m: 17:03.54 1:12.55		
	300m: 3:29.99 1:12.11	700m: 8:21.59 1:12.61	1100m: 13:17.01 1:13.35	1500m: 18:18.34 1:14.80		
	400m: 4:42.92 1:12.93	800m: 9:35.38 1:13.79	1200m: 14:31.74 1:14.73			
24.	Alexandre Miguel Branco	01	Sport Alges e Dafundo	17:48.00	18:21.62	494
	100m: 1:07.38 1:07.38	500m: 6:01.29 1:13.60	900m: 10:56.35 1:14.03	1300m: 15:54.93 1:14.70		
	200m: 2:20.32 1:12.94	600m: 7:15.03 1:13.74	1000m: 12:10.66 1:14.31	1400m: 17:08.83 1:13.90		
	300m: 3:33.79 1:13.47	700m: 8:28.40 1:13.37	1100m: 13:25.60 1:14.94	1500m: 18:21.62 1:12.79		
	400m: 4:47.69 1:13.90	800m: 9:42.32 1:13.92	1200m: 14:40.23 1:14.63			
25.	Daniel Nogueira Catalao	00	Soc.Filarmónica União A. Piedense	17:35.39	18:24.24	490
	100m: 1:05.08 1:05.08	500m: 5:52.37 1:14.12	900m: 10:53.13 1:15.83	1300m: 15:56.87 1:15.73		
	200m: 2:13.61 1:08.53	600m: 7:07.08 1:14.71	1000m: 12:08.68 1:15.55	1400m: 17:11.18 1:14.31		
	300m: 3:25.21 1:11.60	700m: 8:21.67 1:14.59	1100m: 13:24.63 1:15.95	1500m: 18:24.24 1:13.06		
	400m: 4:38.25 1:13.04	800m: 9:37.30 1:15.63	1200m: 14:41.14 1:16.51			
26.	Tiago Maria Camoes	01	Soc.Filarmónica União A. Piedense	18:43.59	18:39.69	470
	100m: 1:10.11 1:10.11	500m: 6:07.48 1:14.70	900m: 11:07.55 1:15.20	1300m: 16:10.02 1:16.06		
	200m: 2:24.23 1:14.12	600m: 7:22.50 1:15.02	1000m: 12:23.21 1:15.66	1400m: 17:25.43 1:15.41		
	300m: 3:38.58 1:14.35	700m: 8:37.69 1:15.19	1100m: 13:38.24 1:15.03	1500m: 18:39.69 1:14.26		
	400m: 4:52.78 1:14.20	800m: 9:52.35 1:14.66	1200m: 14:53.96 1:15.72			
27.	Henrique Rasteiro Luis	01	ADRC Colegio Int Monte Maior	19:13.33	18:57.47	449
	100m: 1:11.25 1:11.25	500m: 6:13.86 1:16.05	900m: 11:20.14 1:17.42	1300m: 16:27.37 1:16.32		
	200m: 2:27.62 1:16.37	600m: 7:30.19 1:16.33	1000m: 12:37.08 1:16.94	1400m: 17:44.12 1:16.75		
	300m: 3:42.26 1:14.64	700m: 8:46.03 1:15.84	1100m: 13:53.87 1:16.79	1500m: 18:57.47 1:13.35		
	400m: 4:57.81 1:15.55	800m: 10:02.72 1:16.69	1200m: 15:11.05 1:17.18			
28.	Diogo Afonso Miranda	01	Soc.Filarmónica União A. Piedense	19:12.42	19:09.62	434
	100m: 1:12.00 1:12.00	500m: 6:23.00 1:18.08	900m: 11:31.43 1:17.00	1300m: 16:38.11 1:17.24		
	200m: 2:28.74 1:16.74	600m: 7:40.62 1:17.62	1000m: 12:47.85 1:16.42	1400m: 17:55.67 1:17.56		
	300m: 3:47.09 1:18.35	700m: 8:57.53 1:16.91	1100m: 14:04.20 1:16.35	1500m: 19:09.62 1:13.95		
	400m: 5:04.92 1:17.83	800m: 10:14.43 1:16.90	1200m: 15:20.87 1:16.67			
29.	Simão Correia Ricardo	00	Clube Naval Setubalense	19:01.89	19:30.37	412
	100m: 1:11.08 1:11.08	500m: 6:18.01 1:17.46	900m: 11:35.23 1:20.94	1300m: 16:55.22 1:20.24		
	200m: 2:27.48 1:16.40	600m: 7:36.34 1:18.33	1000m: 12:54.05 1:18.82	1400m: 18:12.90 1:17.68		
	300m: 3:43.56 1:16.08	700m: 8:55.06 1:18.72	1100m: 14:14.19 1:20.14	1500m: 19:30.37 1:17.47		
	400m: 5:00.55 1:16.99	800m: 10:14.29 1:19.23	1200m: 15:34.98 1:20.79			

Resultados online em: www.anlisboa.pt ou goo.gl/4cMkha

Prova 1, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts		
30.	Claudio Filipe Pedroso	01	Assoc Humanitaria Bombeiros dos Esto	19:59.88	19:46.17	395		
	100m: 1:11.25	1:11.25	500m: 6:23.68	1:18.38	900m: 11:41.36	1:20.85	1300m: 17:04.66	1:21.43
	200m: 2:28.71	1:17.46	600m: 7:41.82	1:18.14	1000m: 13:02.61	1:21.25	1400m: 18:26.87	1:22.21
	300m: 3:47.08	1:18.37	700m: 9:00.91	1:19.09	1100m: 14:23.34	1:20.73	1500m: 19:46.17	1:19.30
	400m: 5:05.30	1:18.22	800m: 10:20.51	1:19.60	1200m: 15:43.23	1:19.89		
DNS	Martim Ferreira Fonseca	99	Clube Nacional de Natação	18:47.83				